



POLICY NAME: Relationships and Sex Education (RSE)

REVIEWED: Spring 2026

REVIEW PERIOD: Annual

REVIEWER: Designated Safeguarding Lead



Version Control 1

Responsibility for Policy:	<i>Jeanette Rigby</i>
Policy approval/date:	
Frequency of Review:	<i>Annual</i>
Next Review date:	<i>Spring 2027</i>
Related Policies:	<i>Behaviour, mental health, safeguarding</i>
Minor Revisions:	<i>P4 – curriculum offer updated P5 – extended form sessions updated for academic year</i>
Major changes	
Full re-write	<i>No</i>

KIRKBY HIGH SCHOOL
RELATIONSHIPS AND SEX (RSE) EDUCATION POLICY

1. Information

The Sex and Relationship Guidance by the Department for Education (DfE) **DfE0116/2000** requires all schools to have an up-to-date policy that is made available for inspection to parents. This policy is relevant to the most up to date guidance, RSE in 2021, have resulted in this new policy document.

2. Statutory Guidance

Revised DfE statutory states that from September 2020 (then April 2021) all schools must deliver RSE. The parental right to withdraw their children from RSE remains (they may withdraw their child from all or part of RSE except that which is included in the national curriculum for science)

It is acknowledged that parents have the prime responsibility for bringing up children. It is recognised that parents are key figures in helping their children cope with emotional and physical aspects of growing up and in preparing them for the challenges and responsibilities which sexual maturity brings.

At Kirkby High School, the teaching offered aims to provide accurate information which should complement and support the role of parents. Kirkby High School's policy will ensure that any RSE will be presented in the context of family life, loving relationships and respect for others.

This policy is informed by various legislation, including:

Education Acts

Learning & Skills Act

Education and Inspections Act

Equality Act

Keeping Children Safe in education guidance

DfE RSE guidance

Members of Staff responsible

Mr T. Greenhalgh (Assistant head, responsible for PD)

Mrs Rigby (Designated safeguarding lead)

Mr Greenbank (Head of department, personal development)

3. Principles

During a consultation period with KHS students, staff and parents and carers, we gathered feedback on RSE via surveys (online and in lessons) which meant:

- **Students** suggested ways to improve delivery, which included 'it needs to be age appropriate'; 'more on teenage relationships'; 'make it memorable and relevant to real life' and 'focus on the future and the real world'.

- **Staff** developed their understanding of the policy, curriculum changes and offered ideas for the programme.
- **Parents and carers** learned about the new programmes of study via an online survey with external links and many said they would like more information on the school's RSE provision, which will be shared via the school website.

RSE has an emphasis here on *relationships*. It is not just about growing up, nor contraception, but the Kirkby Child values which underpin everything we do. It focuses on building the self-confidence of our young people and promoting positive relationships between them.

RSE is at the heart of what we want for our young people. We want our students to:

- *Make the right choices, understanding their rights and responsibilities*
- *Develop awareness of difference and celebrate diversity*
- *Be happy and healthy*
- *Form and maintain positive relationships, and later, families*
- *Show respect for self and others*

4. Aims

The aim of this policy is to clearly communicate the way RSE will be delivered within the school community. RSE should provide students with knowledge and encourage the acquisition of skills and attitudes which will allow them to manage their lives in a responsible and healthy way.

Kirkby High School believes that all students should be offered the opportunity of receiving a well-structured programme of RSE within a moral framework. The RSE programme will be planned and led by Mr Greenbank and delivered by teaching staff through:

- Timetabled KS3 personal development (PD) lessons and KS4 wellbeing lessons
- Monthly Extended form sessions and workshops involving various outside agencies and speakers
- In form time as part of Reflective Friday sessions with form tutors

Staff involved in delivery from September 2021 received training on the new curriculum.

5. Curriculum

From September 2021, the RSE content is delivered via PD / Wellbeing, and the new curriculum will consist of:

Year group	Curriculum Offer
7	One hour a week Personal Development (plus Extended form sessions and Reflective Fridays across the year)
8	Extended form sessions and Reflective Fridays across the year
9	Extended form sessions and Reflective Fridays across the year
10	Wellbeing lessons, one hour per week (plus Extended form sessions and Reflective Fridays across the year)
11	Wellbeing lessons, one hour per week (plus Extended form sessions and Reflective Fridays across the year)

The curriculum overviews are updated annually; the examples below will be delivered in 2025-26 and have been adapted and refined following feedback from the consultation with staff, students and parents / carers.

Curriculum Overviews for Years 7 (Personal Development) and 10 & 11 for the 2025-26 academic year are available to view on the school website.

Extended form sessions are planned and delivered every month to the whole school. The plan for this academic year is:

w/b	Thought of that week	Date & lesson	Focus
22nd Sept	Confidence is a superpower. Once you start believing in yourself, magic starts to happen	PD Session 1 – w/b 22 Sept	Careers / Aspiration
21st Oct	Treat others the way you want to be treated	PD Session 2 – w/b 21 Oct	Knife Crime / Anti Social Behaviour
8th Dec	Tough times don't last but determined students do	PD Session 3 – w/b 8 Dec	Christmas
5th Jan	Your dreams aren't too big, you are just growing into them	PD Session 4 – w/b 5 Jan	Health
2nd Feb	There are no short cuts to any place worth going	PD Session 5 – w/b 2 Feb	VAWG
23rd Mar	Be kind, for everyone you meet is fighting a battle you know nothing about	PD Session 6 – w/b 23 Mar	Shaping Futures
27th Apr	Respect isn't about agreeing, it's about understanding	PD Session 7 – w/b 27 Apr	British Values
18th May	Respect is recognising the value in others, even when they are different from you	PD Session 8 – w/b 18 May	Diversity / Culture
8th Jun	Do not let what you cannot do interfere with what you can do	PD Session 9 – w/b 8 Jun	ASB

Other faculties (eg science, computing, RE) plan and deliver schemes of work based on their own programmes of study, delivering elements of RSE across the year:

- Science: Human reproduction, four weeks in summer term for year 8
- Computing: E-safety, six weeks in autumn term for year 7
- RE: relationships, seven weeks in autumn term for year 8; relationships, eight weeks in autumn term for year 11

Other Information

a) Confidentiality and Advice

Students will be made aware that some information cannot be held confidential, and made to understand that if certain disclosures are made, certain actions will ensue. At the same time, students will be offered sensitive and appropriate support. The following procedures will be adhered to by all adults:

- i) Disclosure or suspicion of possible abuse - the school's child protection procedures will be invoked (see relevant policy) and concerns related to safeguarding officers.
- ii) Disclosure of pregnancy or advice on contraception - it is hoped that the following procedure will ensure that students who are in difficulty know that they can talk to an adult in the school and that they will be supported eg mentors, school safeguarding leads.

Following the Fraser guidelines, professional information and guidance will always be sought from a health professional. The school will always encourage students to talk with their parents first:

- students should be asked whether they can tell their parents and whether they want help in doing so. If this takes place subsequent responsibility then lies with the parents unless there are clear child protection implications.
- if the student refuses to tell their parents the adult should refer them to a health professional.
- the adult should report the incident to the Safeguarding Lead, who will consult with the health professional about informing the parents.

b) Enquiries Regarding Sex Education

Any parents wanting information about the school's RSE programme should visit the school website.

c) Complaints Procedure

Any complaints about the RSE curriculum should be made in accordance with the Complaints Procedure.

d) Family Life

The value of family life is an important aspect, which will be approached largely through a consultation of the qualities and relationships between the group of people, with an emphasis on stability, respect, caring and support.

e) Other Issues

As part of the RSE programme, issues of contraception, HIV and AIDS, sexuality, gender identity and abortion are addressed. Safeguarding issues are addressed including types

and signs of abuse and where to go for support. Facts are presented in an objective and balanced way, with students being encouraged to consider their attitudes and values. They will be made aware of the difference between fact, opinion and religious belief.

Monitoring and Review

- a) RSE will be monitored by heads of year, SLT and PD Head of Department.
- b) The full policy will be made available to all parents via the school website when their child enters the school. Their consent for children to attend RSE lessons comes from a parent information form, distributed at the start of every academic year.
- c) Policy will be monitored annually and updated every five years, or when necessary.

Dissemination of the policy

The full policy, and curriculum overviews are available on the school website.

This policy will be reviewed in 2027 following further consultation with students, parents/carers, and staff at Kirkby High School.